

Watermelon Romaine Salad

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Cider vinegar		2 cup		4 cup
Raspberry puree, frozen or coulis		2 cup		4 cup
Vegetable oil		1 cup		2 cup
Dijon mustard		4 Tbsp		1/2 cup
Romaine lettuce		50 cup approximately 14 heads		100 cups approximately 28 heads
Watermelon, cubed		26 cup		52 cup
Orange segments		13 cup		26 cup

Directions

1. For dressing: combine vinegar, coulis, oil, mustard and pepper in blender or food processor. Puree until well blended.
2. Chill dressing until ready for use.
3. Wash, dry and core romaine lettuce. Tear into bite-size pieces and place 1 cup of torn lettuce onto individual plates or bowls.
4. Peel, seed and cut watermelon into 1" cubes.
5. Peel, seed (if needed), and segment orange.
6. Pour dressing onto lettuce.
7. Place ½ cup watermelon and ½ cup orange sections on top of dressed greens and serve immediately.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	113	
Total Fat	5 g	
Protein	2.1 g	
Carbohydrates	17.2 g	
Dietary Fiber	2 g	
Saturated Fat	0.3 g	
Sodium	46.6 mg	

Meal Components

Fruits	2 cups
Vegetables	2 cups